

GRAND HAVEN HIGH SCHOOL SPRING TRY-OUT & PRE-CONDITIONING
Must have a Sports Physical dated after April 15, 2016

SPORT	STARTING DATE &TIMES
Baseball	March 13 – 15 4-6pm Baseball fields
Boys' Golf	Monday March 13 – Mr. Glass' room #0153 @ 2:45pm.
Boys' Lacrosse	1st practice Monday March13, 5:00-7:15pm. Arrive by 4:45pm. Inclement weather practice time 8:45-10pm in Fieldhouse
Girls' Lacrosse	1st practice March 13 th – G Lax field @ 3:25p.m.
Girls' Soccer	Tryouts – March 13, 14 & 15. Varsity – 3pm – soccer field, JV & Freshman – 4:30pm-grass field
Softball	Parent Meeting Tues., Feb 28 @ 7:00pm in the H.S. LGI Room. March 13 – Norton Pines 7-9pm – Hitting March 15 – LSMA 7-9pm – Pitchers & Catchers March 16 – HS 3:30-6pm – Everyone; 7pm team assignment
Girls' Tennis	All players trying out for varsity report the first day at 3:15pm (if bad weather, we will meet at DeWitt Tennis Center at Hope College at 3:30pm). All players planning to play JV report Tuesday, March 14 at 3:15pm outside or inside in the Aux Gym.
Boys' & Girls' Track & Field	Practice begins on March 13th... 3:00 outside in the team room weather permitting. (Poor weather we will be in the Field House)
Girls' Water Polo	Training Camp Feb 27 7:30-9:00pm, Feb 28 7:30-9:30pm, Mar 1 6:30-8:30, Mar 2 5:30-7:30pm, Mar 3 6:30-8:30pm 1st practice March 13